

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!



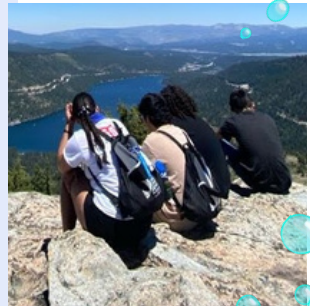
SELF-IMPROVEMENT MONTH

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Embrace Your Journey: September is here, and with it comes an incredible opportunity to embark on a journey of self-discovery and growth. Youth are constantly evolving, and this month is all about embracing that process. It's a chance to focus on becoming the best version of themselves and nurturing the potential that resides within. So, let's dive into some exciting ways to make the most of this month to enhance their personal development.

- 1. Set Empowering Goals:** Start by setting achievable yet challenging goals. Whether it's improving a skill, reading more books, or becoming more organized, setting clear intentions will give some direction and motivation. Break goals into smaller milestones, and remember, progress is key and have fun along the way!
- 2. Learn Something New:** Have you always wanted to play an instrument or learn a new language? Self-Improvement Month is the perfect time to begin. Engaging in new activities not only enhances your skillset but also broadens your perspective and boosts confidence.
- 3. Cultivate Healthy Habits:** Make it a family affair. Small habits can make a big difference. Focus on incorporating healthy routines into your daily life, such as exercising, eating nutritious meals, and practicing mindfulness. These habits contribute to your overall well-being and support your journey of self-improvement.
- 4. Reflect and Journal:** Take some time each day to reflect on your experiences, thoughts, and emotions. Maintaining a journal allows you to track your progress, identify areas for improvement, and celebrate your successes. It's a valuable tool for self-awareness and growth.
- 5. Seek Inspiration:** Surround yourself with positive influences. Follow mentors, authors, or speakers who inspire you. Engage in uplifting content that aligns with your goals. Remember, the company you keep and the media you consume can greatly impact your mindset.
- 6. Embrace Failure as Learning:** Mistakes are a natural part of growth. Instead of fearing failure, view it as an opportunity to learn and adapt. Each setback is a chance to develop resilience and refine your approach toward your goals.
- 7. Practice Self-Compassion:** Be kind to yourself throughout this journey. Self-improvement doesn't mean perfection; it's about progress. Treat yourself with the same kindness you would offer a friend, and remember that setbacks are just detours on the road to success.



CANG-CYS Summer Camp

Celebrate your wins, and be patient with yourself. So, let's make this month a **celebration of progress** and a testament to the incredible potential that lies within each of us. **Happy Self-Improvement Month!**

Be sure to connect with your [local ARNG CYS Team](#) to receive updates and valuable CYS information!

#GuardFamilies

#ARNGCYS



To our Newsletter



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California · Nevada · Arizona · Hawaii · Guam



CALIFORNIA

LCYPC · Kayla Stelle

CYPC · Jessica Martinez

CYPC · Nikki Suzuki-Uyeno



379.7
ft

CA is home to the tallest tree in the world.

39.5
mil

CA is the most populous state in the US.

#5

If CA was a country, it would be the fifth largest economy in the world, larger than the UK, India and France.

California had teens from across the state join together for our Teen Adventure Camp in the mountains outside of Truckee where they spent time enjoying each other's company and exploring in the incredible Tahoe National Forest!





Community Service Clean Up



Annual Camp Field Day



Teen Symposium Game Night

Mauna Kea is the tallest peak in the world.

It stands 13,803 ft above sea level!

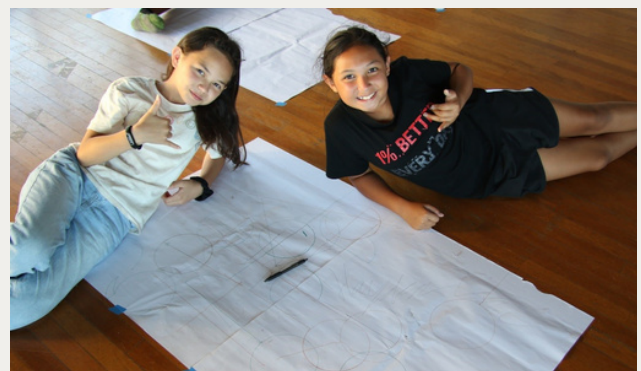


Hawaii is the only U.S. state that grows coffee

- Hawaii has around 800 operational coffee estates.
- Kona is Hawaii's largest coffee-growing area.
- Hawaii's volcanic soil helps to produce delicious coffee.

HAWAII

LCYPC • Michelle Nieves



BeeBot STEM Activity

ARIZONA

LCYPC • Richard Mabry CYPC • Elvia Valadez



ONE OF THE SEVEN WONDERS OF THE WORLD
Arizona is home to the Grand Canyon.



The U.S. mail is still delivered by mule in one remote part of Arizona on the Havasupai Reservation. (Native American tribe that lives at the bottom of Grand Canyon.)



REGION 9 UPDATES

There is more to Nevada than Las Vegas and Aliens (Area 51)!

- Blue Jeans were invented by Jacob Davis and Levi Strauss in Reno, NV.
- NV is the largest gold-producing state in the US.
- NV is home to over 50% of the wild horse population in the US.
- There are 21 federally recognized tribes in NV.



MOMC Archery



Snow Sport Resilience



Teamwork Activity



STEM Education



Astronomy Lesson

Snow Sport
Resilience



Nevada

LCYPC · Elizabeth Erway



Did you know?

Guam has no sand on its beaches, only coral, which is also used to make roads.

The Guam kingfisher, Rota white-eye, and the Gual rail are found nowhere else on Earth.



Guam

LCYPC • Amy Baleto

Thank you!

In what feels like the blink of an eye, Summer 2023 has drawn to a close. All of us working within the ARNG CYS Program would like to express our thanks to the youth who attended camps, symposiums, leadership forums and so many other events this summer. We hope to see all of you back for Summer 2024. Planning is already underway! Stay tuned!

We would also like to extend our sincerest appreciation to the many volunteers and community partners who provided support, supervision and resources, all of which made so many programs and activities possible this summer. Thank you!! Please know you are a valued part of our ARNG CYS Team!

While Summer 2023 may be wrapped-up, there are still many great events and activities to look forward to this fall. **Be sure to connect with your [local ARNG CYS Team](#) to inquire about upcoming event dates and locations!**

Thank
you! :)



Did you know... Oregon was the first to declare Labor Day an official holiday in 1887... Labor Day is considered the 'unofficial NFL season kickoff.' 99.44% of the time, the NFL plays its first official season game the Thursday after Labor Day... The first Waffle house opened on Labor Day... The Adamson Act was passed on September 3, 1916 to establish an eight-hour work day... On June 28, 1894, President Grover Cleveland made Labor Day official by signing it into law, designating the first Monday in September to always be Labor Day... The day honors the American labor force and the upholding of laws that make work conditions healthier and safer... To this day, the New York City Central Labor Council still hosts a Labor Day parade and march, which is held just north of the location of the original 1882 march. This year, the parade will be held on Saturday, Sept. 9, 2023... Labor Day is also observed on a Monday so that employees can enjoy a three-day weekend.

HAPPENINGS

SEP



- 1st - Emma M. Nutt Day
- 2nd - Bacon Day
- 3rd - Skyscraper Day
- 4th - Labor Day**
- 5th - Cheese Pizza Day
- 6th - Read a Book Day
- 7th - Salami Day
- 8th - Ampersand Day
- 9th - Teddy Bear Day
- 10th - Grandparent's Day
- 11th - 9/11 Remembrance Day**
- 12th - Chocolate Milkshake Day
- 13th - Uncle Sam Day**
- 14th - National Cream-Filled Donut Day
- 15th - Make a Hat Day
- 16th - Play Doh Day
- 17th - Constitution Day
- 18th - Cheeseburger Day
- 19th - Dance Day
- 20th - Pepperoni Pizza Day
- 21st - Gratitude Day
- 22nd - Hobbit Day
- 23rd - Autumn Equinox - Fall begins!**
- 24th - Cherries Jubilee Day
- 25th - Comic Book Day
- 26th - Johnny Appleseed Day
- 27th - Crush a Can Day
- 28th - National Good Neighbor Day
- 29th - World Koala Day
- 30th - Save Your Photos Day

HAVE FUN



SEPTEMBER 2023

VIRTUAL PACKETS

Be sure to [contact your local ARNG CYS](#) to request your **FREE** Activity Packets:

"End of Summer" & "Back to School Activity Journal 2023"



TRAINING OP

Children have 'two buckets' that need to be filled EVERY day – an **attention bucket** and a **power bucket**. If these buckets aren't filled in positive ways, they'll misbehave to get what they need from you. This key insight into parenting is one of the items Amy McCreedy teaches in her free webinar, **"Change Your Playbook"**.

<https://positiveparentingsolutions.com/webinar1/>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.